110
Blood Sugar Level

Joe and Charlne
are not just

They are beating it.

treating diabetes.



Join us. Be Informed. Take control of your diabetes!

4 CLASS SERIES HELD MONTHLY MARCH THROUGH NOVEMBER EVENINGS 6:00 pm to 9:00 pm — Various locations in Montgomery County

CURRENT SCHEDULE - 2010

March

9 | 16 | 23 | 30 Tues Evenings

St. Andrews15300 New Hamp Ave,
Silver Spring, 20905

April

6 | 13 | 20 | 27 Tues Evenings

Wheaton Library 11701 Georgia Ave Wheaton, 20902

May

6 | 13 | 20 | 27 Thurs Evenings

Poplar Grove Baptist Church 14625 Jones Lane Darnestown, 20878

June

2 | 9 | 16 | 23 Wed Evenings

Stewartown Homes

9310 Merust Lane Gaithersburg, 20876

FREE DIABETES EDUCATION CLASSES

For Prevention & Control

The African American Health Program invites you to come to 4 free classes designed to help African Americans learn how to manage diabetes and eliminate their higher rates of diabetes complications.

{ Registration Required} Call Diane 301.421.5767

Dinner served: \$5 per class for Montgomery County residents. Additional fees for those not residing in Montgomery County.



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To make a difference, join us in the effort to eliminate health disarities for African Americans in Montgomery County.